

IMPORTANT HELPLINES/ HOTLINES

Addictions Healing HELPLINE:
856-342-4057

NJ Hotline for Addiction: Dial 211. This is an information and referral service that connects you with substance use disorder and support services

National Suicide Prevention Helpline: Dial 988

SUPPORT GROUPS

- ♦ **Community Connections** The Church of Incarnation, 240 Main St., Mantua
- ♦ **Calix Society**—The Church of Incarnation 240 Main St. Mantua
- ♦ **I Thirst Ministry** St. Charles Borromeo 176 Stagecoach Rd., Sicklerville.

Addiction Healing Support Mass

Sunday, August 14
3:00 PM

Our Lady of Hope Parish

701 Little Gloucester Road, Blackwood NJ

Fellowship & Light Refreshments after Mass in Parish Hall.

Assumption of the Blessed Virgin

The Solemnity of the Assumption of Mary is celebrated every year on August 15th. This feast commemorates the death of the Blessed Virgin Mary and her assumption, body and soul, into Heaven.

“Father in heaven, all creation rightly gives you praise, for all life and all holiness come from you. In the plan of your wisdom, she bore

the Christ in her womb was raised body and soul in glory to be with him in heaven.

May we follow her example in reflecting your holiness and join in her hymn of endless love and praise. We ask this through Christ Our Lord. Amen.”



The Joy of Recovery: A Path to Freedom from Addiction Excerpt from M. McGee, MD

The Touchstones of Recovery play an important role in the journey toward and through recovery.



- **Work on recovery.** Make it your first priority, commit to lifelong recovery, develop recovery skills, be wary of complacency.
- **Create a positive recovery environment.** Attend to your environment, minimize external triggers.
- **Renounce addicting.** Pursue freedom from all addictive substances and behaviors, skillfully manage stress, let go.

refrain from obsessing over others' faults, let go of resentments, refrain from judging, cultivate compassion and forgiveness, let go of shame, manage anger constructively.

Respect Reality. Don't expect the world or others to be other than what they are, don't expect perfection from others or yourself, change what you can and accept the rest.

Grow. Learn from the past so you can create a better future, use slips and mistakes as opportunities for growth, learn from pain.

Act with Integrity. Do the next right thing, practice honesty, put principle before pleasure.

Heal. Seek professional help, manage stress, address trauma, manage emptiness.

Love. Refrain from destructiveness, think before acting,



“The night is far gone, the day is near. Let us then lay aside the works of darkness put on an the armor of light...” — Romans 13:12.

Touchstones of Recovery (Continued)

Persevere. If you slip, immediately recommit to your recovery, have faith in yourself and the process of recovery, practice patience.

Develop healthy relationships. Develop recovery supports from those with recovery experience and skills, practice humility and respect, don't isolate, do not socialize with anyone who is addicting, when possible heal damaged relationships by making restitution and amends.

Take Accountability. Take care of yourself so that you can care for others, live with balance and savor life, practice positivity, live blame-free, manage vulnerabilities, develop meaning and purpose, face your fears, achieve your goals.

Cultivate Your Spirituality. Make time for spiritual practice, cultivate a deeper connection, beyond words, to others and to Reality, practice mindfulness in all your daily affairs, don't believe everything you think, live both for yourself and for something greater than yourself, live according to a higher set of principles, keep perspective, see the Sacred in all things and people, count your blessings, live life out of love.

International Overdose Awareness Day—August 31, 2022—Check your local county for remembrance vigil event and time to honor the lives lost to overdose and reduce the stigma associated with a substance-related passing.



Remember

Many people struggle silently with addiction. We never know if the person sitting in the pew next to us is struggling with a substance use disorder. We all need to be sensitive to this possibility.



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary. The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.



Reflection—Help me to know that You are always with me.

Scripture Passage:
“Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.” — Jeremiah 17:14.

My offering: Today I will choose faith and believe that Your love and grace will guide me on the path of goodness!